

I'm ready to try new foods!



I am now
a toddler.

I want to
try new
foods.

Please
help me.

- Use the Food Guide Pyramid to choose healthy foods for me.
- Offer me breakfast, lunch, and dinner and 2 to 3 healthy snacks every day.
- Have my meals and snacks at the same times each day. If we are away from home, please bring some food (like my WIC cereal) for me to eat.
- Offer me small servings of foods. My stomach is little.
- Cut my food into very small pieces.
- Eat with me! We can enjoy our meals together and I learn so much from you.
- I must sit when I eat. Please let me sit in a high chair or with support at the table.
- Offer me water to drink between meals and snacks.



Use the Food Guide Pyramid to choose healthy foods.

Every
day
offer
me:

I only need a little

Fats, Oils, and Sweets

2 or more servings
One serving is:

2 tablespoons chopped meat,
poultry, fish
1 egg
2 to 4 tablespoons cooked,
mashed beans



Meat, Poultry, Fish, Dry Beans, and Eggs Group

4 servings
One serving is:

1/2 cup whole milk or yogurt
1/2 slice cheese



Milk, Yogurt, and Cheese Group

2 or more servings
One serving is:

2 tablespoons soft, chopped fruit
1/4 cup 100% fruit juice



Fruit Group

3 or more servings
One serving is:

2 tablespoons cooked,
chopped vegetables
1/4 cup vegetable juice



Vegetable Group

6 or more servings
One serving is:

1/4 to 1/2 slice bread or tortilla
2 tablespoons cooked rice or pasta (noodles)
2 tablespoons cooked cereal
4 tablespoons ready-to-eat cereal
2 to 3 crackers



Bread, Cereal, Rice, and Pasta Group

I have a new WIC food package!



- The foods I now get from WIC are:

Cereal
Juice
Milk and cheese
Eggs
Dry beans

Please give me some of my WIC foods every day. They help me grow healthy and strong. I can eat cereal and juice at breakfast. Give me an egg at lunch time. Cheese makes a great snack. Cook the beans for dinner. I can drink milk with meals and have some in pudding for a snack. Ask the WIC staff about the type of cereal I can eat at this age.



Keep me from choking!

- As I learn to eat new foods, I need your help. Do not let me eat alone! I can choke easily. Please give me foods that are:

Cooked (soft, raw fruits are okay)
Soft
Chopped into small pieces
Moist, not dry
Cooled a little
Not too spicy or salty
Not hard or sharp
Not sticky



- Do not feed me:
Hot dogs
Hard foods (like candy, peanuts, raisins, or chips)
Whole grapes
Peanut butter

Look what I can do!



- I can drink from a small cup. I hold it with both hands. Be sure the cup cannot break. I should stop drinking from a baby bottle.
- I eat food with my fingers, but am learning to use a spoon. The more I feed myself, the better I get. I will be messy as I learn how to eat.
- I am starting to walk. Walking makes my legs strong. Please keep an eye on me so I am safe.
- I can say a few words. I listen to you. Talk to me so I can learn more.
- I have teeth! I need them to chew and talk. Clean them 2 times a day. Use a small, soft toothbrush and water. Brush both the front and back sides.

Health and Safety Tips



- Buckle me into a child safety seat before I ride in a car.
- Take me to the doctor at 12 months and 15 months for my shots and checkup.
- I may need a blood test for lead. Ask the doctor at my next visit.
- Place objects that can hurt me out of my reach.
- Put me down for a nap every day. I need some quiet time. Could you sing me to sleep?

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

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Help me **be healthy**



I to 1½ years

My name is _____.

I weigh _____ pounds. I am _____ inches long.

A special note for me: _____
